



THE UNIVERSITY
of EDINBURGH

Welcome,

You are about to download the **RealLife Exp** App on your smartphone. This app will allow to receive and complete questionnaire about your online/offline social interaction and your emotions (e.g., positive/negative).

You do not have to report your name, date of birth or any personal information. However, you do require to report your **Participant ID**. This is only for personal identifier, which researchers can link your previous survey data. **Please enter the Participant ID correctly, or we are not able to identify you and you will not be able to receive the reimbursement.** By following the steps below, you will be able to download the App. You can also scroll down for the screenshots.



Duration: 2 weeks

Notification Times:

8 – 9 am

12:30 – 1:30 pm

5:30 – 6:30 pm

10 – 11 pm

Instruction

Step 1: Download the LifeData App

- a. Click the link you received on your phone or scan the QR code you received
- b. Install '**RealLife Exp**'
- c. Open 'RealLife Exp'

Step 2: Download the Study

- a. Privacy and Terms (**Click - Agree**)
- b. Enter Access Code (**Type: Loneliness**)
- c. Study downloading (**It takes a few minutes to complete**)
- d. Download Completed (**Click – OK**)

Step 3: Set up the study

- a. Follow the prompts to accept or deny access to the App:
 - Allow RealLifeExp to access this device's location? (**Click - Don't allow**)
 - Let app always run in background? (**Click - Allow**)
 - Allow RealLifeExp to send you notifications? (**Click - Allow**)
- b. Click '**Play**' icon to start the study
- c. Read the consent form and **Tick**
- d. Enter your **Participant ID** and **click ok**

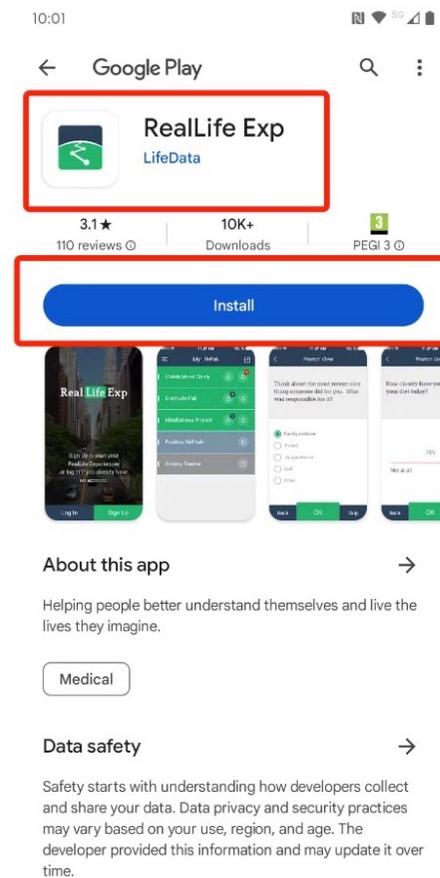
Tips: if the study didn't show up, you can go to:

- a. Tap the 3 horizontal lines on the left conner to open the menu
- b. Tap the 'Download LifePak' from the menu
- c. Enter the study name – Generation Scotland_Loneliness Study and download

The Study will start on the next day. Please let me know if there are any problems, contact us genscot_teens@ed.ac.uk, zxiao@ed.ac.uk or 07385 008242

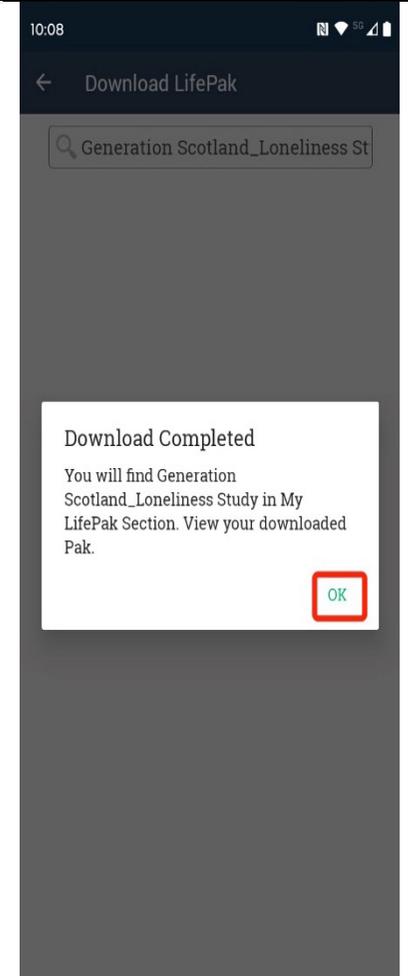
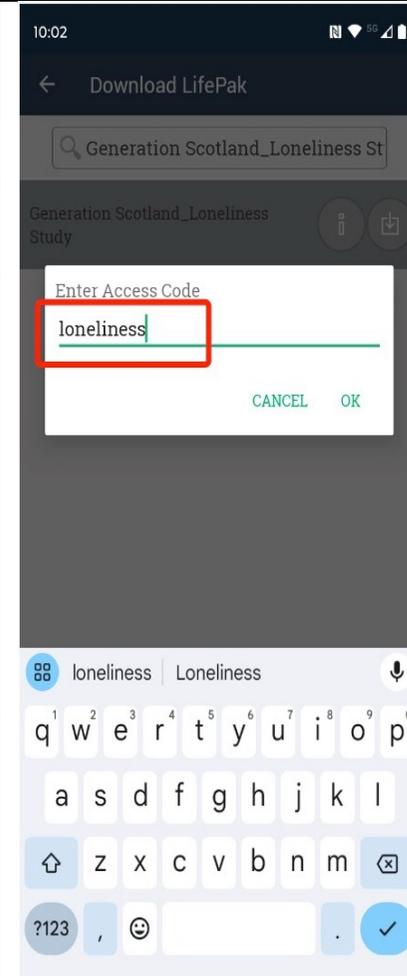
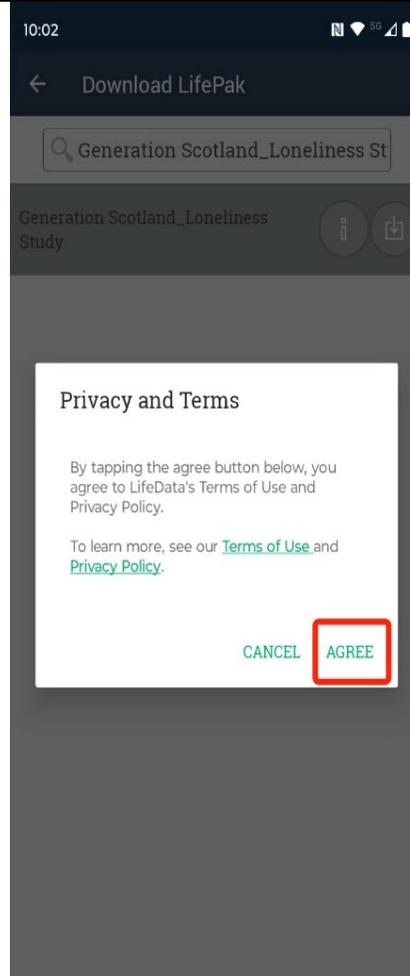
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Step 2: Download the Study

- Privacy and Terms
(Click - Agree)
- Enter Access Code
(Type: loneliness)
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Step 3: Set up the study

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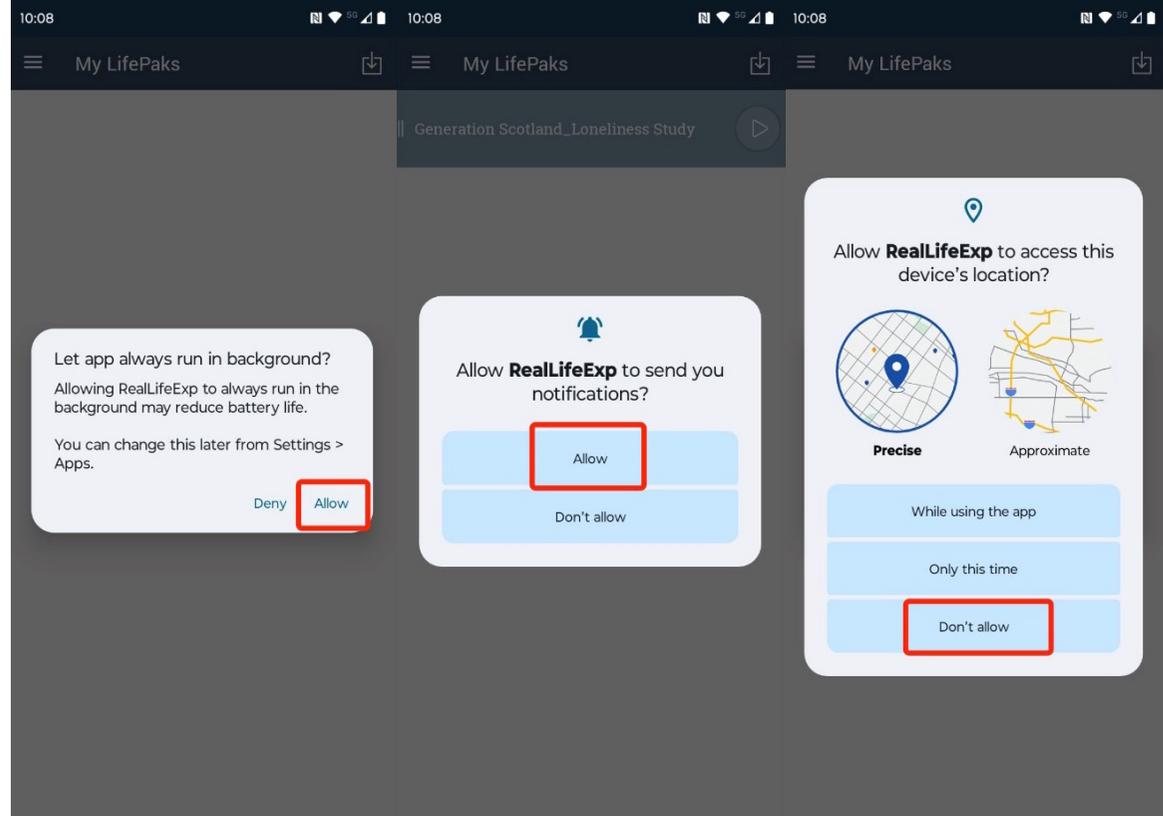
(Click - Don't allow)

2. Let app always run in background?

(Click - Allow)

3. Allow RealLifeExp to send you notifications?

(Click - Allow)



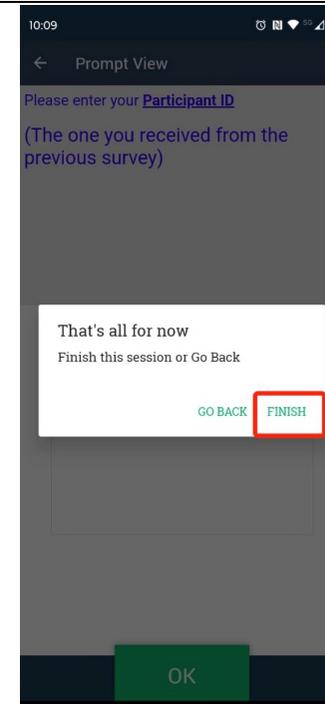
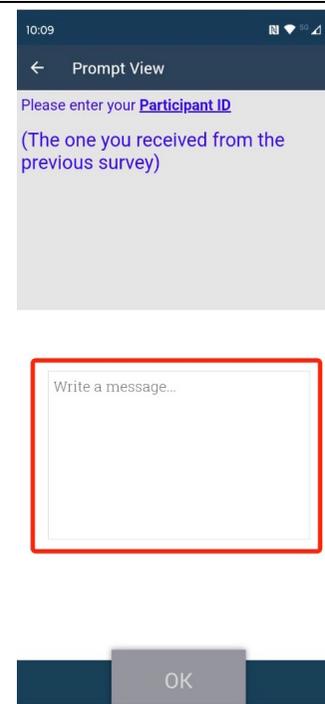
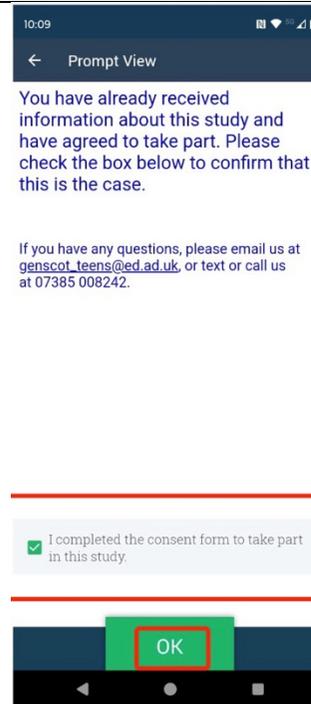
b. Click **'Play'** icon to start the study



c. Read the consent form and **Tick**

d. Enter your **Participant ID** and **click ok**

e. That's all for now (**Click – FINISH**)



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